

## Brister's Martial Arts Class Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1:00	Yoga Class		Yoga Class		<b>Closed No Classes</b>	<b>Closed No Classes</b>	<b>Closed No Classes</b>
4:00		<b>Lil Dragons - Sr Orange</b> 4:00 - 4:45		<b>Brown - Black</b> 4:00 - 4:45			
4:15							
4:30	<b>Lil Dragons</b> 4:30 - 5:00		<b>Green - Sr. Blue</b> 4:30 - 5:00				
4:45			<b>Sparring Clinic</b>				
5:00	<b>White - Sr Orange</b> 5:00 - 5:45	<b>Green - Sr. Blue</b> 4:45 - 5:30	<b>Brown - Black</b> 5:00 - 5:30	<b>Lil Dragons - Sr Orange</b> 4:45 - 5:30			
5:15			<b>Sparring Clinic</b>				
5:30							
5:45	<b>Green - Sr. Blue</b> 5:45 - 6:30	<b>Brown - Black</b> 5:30 - 6:15	<b>Lil Dragons</b> 5:30 - 6:00	<b>Green - Sr. Blue</b> 5:30 - 6:15			
6:00			<b>One-Steps</b>				
6:15			<b>White - Sr. Orange</b> 6:00 - 6:30				
6:30	<b>Brown - Black</b> 6:30 - 7:15	<b>Self Defense Class</b> 6:15 - 7:10		<b>Cirriculum Class</b> 6:15 - 7:10			
6:45			<b>Teens</b> (11-18 yrs) 6:30 - 7:15				
7:00							
7:15	<b>Teens &amp; Adults</b> (all Ranks) 7:15 - 8:15	<b>Teens &amp; Adults</b> (all Ranks) 7:15 - 8:15	<b>Teens &amp; Adults</b> (all Ranks) 7:15 - 8:15	<b>Teens &amp; Adults</b> (all Ranks) 7:15 - 8:15			
7:30							
7:45							
8:00							
8:15							

Students should arrive 10 minutes prior the start of their class (any student that is late should remain just inside the door to the class room until the Instructor invites them to join the class).